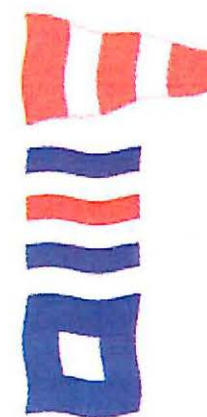




Robert E. Bush  
Naval Hospital

Happy  
Birthday  
Hospital  
Corps

Est. June 17, 1898



*Inside...*

June is Men's Health Month and one of the greatest impacts on men's health is tobacco use. *page 2*

The National Institutes of Health estimates that at least 6 million men in the United States suffer from some form of depression every year. Research and clinical evidence reveal that while women and men can develop symptoms of depression, they often experience depression and cope with symptoms differently. *page 2*

June is National Safety Month and it is a good time to remind ourselves that a few precautions and a little common sense can be a person's first line of defense against injury and harm.

*page 3*

Presort Standard  
U.S. POSTAGE  
PAID  
YUCCA VALLEY  
CA 92284  
PERMIT NO. 40

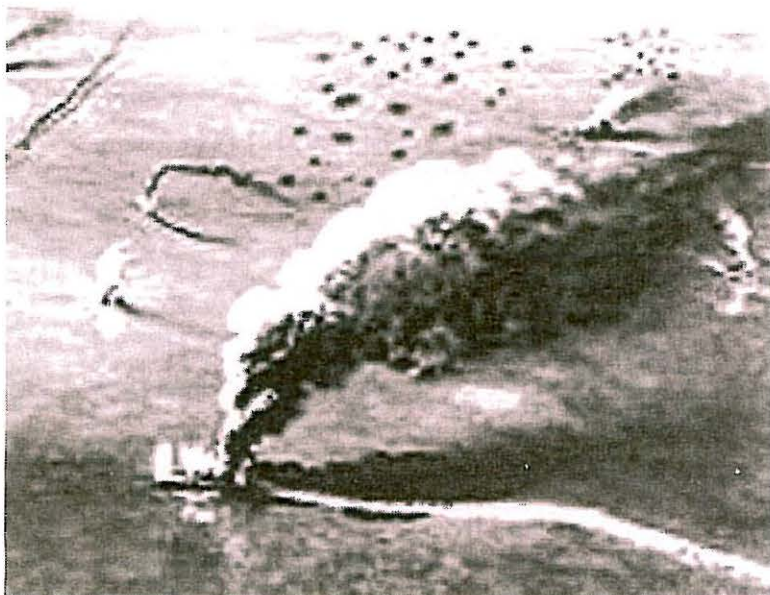
Commanding Officer  
Naval Hospital Public Affairs Office  
Box 788250 MAGTFIC  
Twentynine Palms, CA 92278-8250

# THE EXAMINER

*An Award Winning Publication*

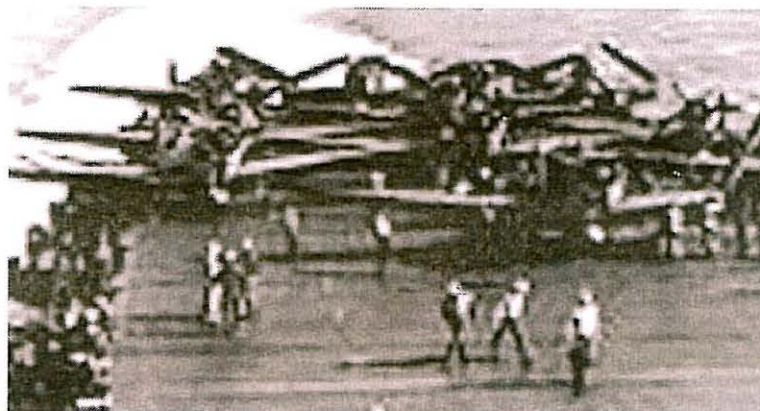
[www.nhttp.med.navy.mil](http://www.nhttp.med.navy.mil)

## Battle of Midway, 4 - 7 June 1942... Overview



Pacific Fleet's aircraft carrier striking forces, which had embarrassed the Japanese Navy in the mid-April Doolittle Raid on Japan's home islands and at the Battle of Coral Sea in early May. He planned to quickly knock down Midway's defenses, follow up with an invasion of the atoll's two small islands and establish a Japanese air base there. He expected the U.S. carriers to come out and fight, but to arrive too late to save Midway and in insufficient strength to avoid defeat by his own well-tested carrier air power.

Yamamoto's intended surprise was thwarted by superior American communications intelligence, which reduced his scheme well before battle was joined. This allowed Admiral Chester W. Nimitz, the U.S. Pacific Fleet Commander, to establish an ambush by having his carriers ready and waiting for the Japanese. On June 4, 1942, in the second of the Pacific War's great carrier battles, the trap was sprung. The perseverance, sacrifice and skill of U.S. Navy aviators, plus a great deal of good luck on the American side, cost Japan four irreplaceable fleet carriers, while only one of the three U.S. carriers present was lost. The base at Midway, though damaged by Japanese air attack, remained operational and later became a vital component in the American trans-Pacific offensive.



Many important battles in America's history are commemorated every year. For the Navy one of those important battles took place 65 years ago this month on and near a tiny speck of an island in the middle of the Pacific Ocean during World War II.

The Battle of Midway represented Japan's strategic high water mark in their Pacific Ocean war. Prior to this action, Japan possessed general naval superiority over the United States and could usually choose where and when to attack. After Midway, the two opposing fleets were essentially equals, and the United States soon took the offensive.

Japanese Combined Fleet commander Admiral Isoroku Yamamoto moved on Midway in an effort to draw out and destroy the U.S.



# Tobacco and How it Effects Men's Health

Martha Hunt, MA, Health Promotions Coordinator  
Robert E. Bush Naval Hospital

**J**une is Men's Health Month and one of the greatest impacts on men's health is tobacco use. Tobacco use is the leading cause of death and disability in the U.S. and tobacco users die, on average, up to 20 years younger than non-tobacco users. In fact, half of all tobacco users are dead by age 55, not seeing their kids and grand children grow up.

Tobacco use effects men's health from the time you are a glimmer in your parent's eyes to the grave. Men whose mothers use tobacco while pregnant have higher rates of testicular cancer, attention deficit disorder, anger issues, and breathing problems just to name a few. Even your dad's second hand smoke affected you as a fetus leading to heart problems, low birth weight, sleeping problems, etc. If both parents use tobacco, the chance of having a baby boy drops by half. Tobacco use in the home doubles the risk of SID's. Even if you smoke outdoors, you are exhaling smoke for 15 minutes when you come back inside, carrying it with you on your clothes, skin and hair.

Speaking of that glimmer in your dad's eye, tobacco use is one of the leading causes of infertility and impotency. Men who use tobacco have fewer sperm, abnormal sperm, slower sperm and impotency as well as damaged DNA that they hand down to their kids. Add alcohol

to the mix, and infertility and impotency rates increase.

Regarding tobacco use and readiness, the Department of Defense is well aware of the impact of tobacco use on readiness. Tobacco use decreases your ability to deal with stress, use of fine motor coordination, stamina, more heel blistering, decreased night vision, increased need for water, decreased lung capacity, decreased wound healing, increased injuries and infections and decreased mental acuity. The DoD Inspector General found that tobacco use costs the military eight dollars in health care for every one dollar that is earned on tobacco sales.

Tobacco use is the leading predictor of early medical discharge in all branches and early discharge costs to DoD in wasted training costs as well as the health care impacts.

Regarding tobacco and cancer risks, tobacco is linked to cancer of the bladder, kidney, lung, mouth, lip, nasal pharynx and larynx or oral cancer (especially if you drink alcohol). Tobacco makes prostate cancer worse and lessens the chance of survival. Tobacco can also lead to colorectal, esophagus, stomach, liver (especially if you drink alcohol or have been exposed to Hepatitis). The pancreas has a 67 times greater for cancer for dippers. Also you might risk cancer of the testicle, Acute myeloid leukemia (AML), skin

cancer (three times higher than non-tobacco users) and Epstein-Barr virus-positive Hodgkin's lymphoma. One in 10 men will develop lung cancer if they smoke. However, if you have a family member who has had lung cancer, your risk is one in five.

Tobacco use also affects your risk of heart disease, heart attack, stroke, lung disease, high blood pressure, diabetes, and on and on. Men in their 30's who use tobacco are five times more likely to have a heart attack than a non-tobacco user. Tobacco use decreases your mental ability and IQ (especially when mixed with alcohol) and can lead to combat stress, panic disorders, agoraphobia, anxiety disorders and depression. It can also affect your memory and learning

skills.

On the home front, tobacco use, either in the home or outside, is now starting to become a factor in parental rights and visitation in divorce cases. States that consider parental tobacco use are: California, Florida, Illinois, Louisiana, Maryland, Massachusetts, Michigan, Missouri, New Jersey, New York, Oregon, Pennsylvania, South Carolina, Tennessee and Texas. Also, Arkansas, Louisiana, Maine, Texas, Vermont, and Washington ban smoking in all cars where children are passengers.

If you use tobacco anywhere around your child, they are learning to use tobacco from you. The sooner you give up tobacco, the less likely your children are to ever start using

tobacco. Children in smoking households miss four times more school than non-tobacco homes due to colds, asthma, and other health issues.

If you leave the military and take a job in the civilian sector, there are over 6,000 companies in the U.S. do not hire tobacco users. In addition to that, most health and life insurance companies conduct urine testing for tobacco and will increase your rates if you are a tobacco user.

The bottom line is that tobacco affects every part of your life from birth to death, including the health of your family and your financial stability. The Naval Hospital offers month long tobacco cessation classes to help you kick the habit and become tobacco free. Call 830-2814 for more information.

Published by Hi-Desert Publishing, a private firm in no way connected with the Department of Defense, the United States Marine Corps, United States Navy or Naval Hospital, Twentynine Palms under exclusive written contract with the Marine Air Ground Task Force Training Command. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, the United States Marine Corps, the United States Navy or Hi-Desert Publishing of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected. Editorial content is prepared by the Public Affairs Office, Naval Hospital, Twentynine Palms, Calif.

#### Commanding Officer

Captain Mark O. Boman, MSC, USN

#### Executive Officer

Captain Brian R. Laverty, USN

#### Public Affairs Officer/Editor

Dan Barber

#### Public Affairs Assistants

Eliza Russell

HN Christian Razon

#### Command Ombudsman

Ryalin Huges -- 1-800-316-0525

Stephenie Jenkins -- 1-800-431-0237

Tiffany Niles -- 1-800-431-3174

The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

#### How to reach us...

Commanding Officer Naval Hospital  
Public Affairs Office  
Box 788250 MAGTFTC  
Twentynine Palms, CA 92278-8250  
Com: (760) 830-2362  
DSN: 230-2362  
FAX: (760) 830-2385  
E-mail: d.barber@nhpt.med.navy.mil  
Hi-Desert Publishing Company  
56445 Twentynine Palms Highway  
Yucca Valley, CA 92284  
Com: (760) 365-3315  
FAX: (760) 365-8686



## At Least 6 Million Men in U.S. Suffer from Depression

By Julie Bevirt  
TriWest Healthcare Alliance

**T**he National Institutes of Health estimates that at least 6 million men in the United States suffer from some form of depression every year. Research and clinical evidence reveal that while women and men can develop symptoms of depression, they often experience depression and cope with symptoms differently.

Men may be more willing to acknowledge fatigue, irritability, sleep disturbances and loss of interest in work or hobbies rather than acknowledge feelings of sadness, worthlessness or excessive guilt. Some researchers question whether the standard definition of depression and the associated diagnostic tests adequately capture the condi-

*Continued on page 7*



# Safe and Secure during National Safety Month

By Cmdr. Kathleen Hewitt, CNM/WHNP  
Robert E. Bush Naval Hospital

June is National Safety Month and it is a good time to remind ourselves that a few precautions and a little common sense can be a person's first line of defense

against injury and harm.

Today, many folks choose to live on their own, and developing a "safety conscience" will help ensure that each day is a safe one. Just remember a few

tips to help you develop your safety conscience:

Knock, knock—who's there? Keep your door closed while you check out strangers through the peephole. Suppose it's a man in a gas company uniform who needs to "adjust the thingamajig"? Ask him to slip his I.D. under the door. Then, while he waits, call his company for veri-

fication. Look up the phone number—do not use the one he volunteers. The best bet is to have a friend or neighbor with you when repairmen are scheduled to visit. If you live in an apartment house, lock your door even if you are just going to take the trash out. And meet all delivery persons and guests at the building's entrance—don't buzz them inside.

Personally speaking—don't! Do not chat idly about your life in public places, like the supermarket or a club. Who knows who is idling nearby?

Never advertise your gender or marital status, either. List your phone and mail box under your first initial, or use only your last name. Say "we're (not I) not here" on your answering machine message.

You can't huff and puff and blow my door down! Consider the doors to your house as barriers. Doors should be solid wood or metal, and should have at least two locks. One should be a dead bolt, which is harder to pick than other locks. Police say chains are virtually useless. Remember that sliding glass doors attract thieves. Cut a piece of broomstick or 2"x4" wood to fit snugly in the track, so that it can not be opened. Also, remember that if a window is open even a crack, someone can pry it open all the way. And bur-

glar alarms DO work! So does a 100-pound German shepherd, if you are an animal lover!

That lived-in look! Make sure your house or apartment appears occupied when you are out. Leave blinds partially open, a jogging suit on the clothesline, and the stereo on. Stow a dirty pair of sneakers outside the door. Do not leave ladders lying around. At night, light is the best deterrent to unwelcome visitors. Leave random lights on, and invest in an outside flood-light or motion detector light. Exercise with a friend! Not only is it more enjoyable to walk and jog with someone else, it is safer, too. So pick a partner to do that mile and a half, and do it in the light of day, not at night.

Car safety counts! Do not ever leave your car doors unlocked, as back seats are great hiding places. Lock your car doors when you are driving, too. In case of car trouble, have an emergency car kit with a flashlight and a "Help" alert sign. If possible, do not get out of the car until professional help arrives. And always take your cell phone—definitely your best friend when traveling.

By paying attention to your surroundings and living situation, you can make June, as well as the rest of the year, a safe one.

## Personalized Support for Depression and Diabetes Patients

By CiCi A. Moore  
TriWest Healthcare Alliance

When it comes to effectively managing a chronic illness, sometimes education can be the best medicine.

TriWest Healthcare Alliance's Condition Management program (previously the Disease Management program) focuses on educating patients on how to improve their health management skills while living with a chronic illness. The program is available at no charge to TRICARE beneficiaries and their family members.

The Condition Management program was previously focused solely on patients living with asthma or heart failure. TriWest has just announced that personalized support is also available for beneficiaries coping with depression or diabetes.

"Nearly 21 million Americans have diabetes and more than 19 million Americans are affected

by clinical depression each year," states Kathi Sobera, director of Population Health Improvement at TriWest Healthcare Alliance. "Many TRICARE West Region beneficiaries are affected by these conditions, and TriWest is pleased to offer complimentary, personalized support for members of our military and their families living with depression and diabetes."

Once a beneficiary is enrolled in the Condition Management program, a TriWest clinical health coach will:

- \* Schedule an appointment to call and review the patient's health status
- \* Develop a customized educational plan based on the patient's status and personal health goals
- \* Inform the patient's physician of the patient's program

participation

- \* Work with the patient to reach established goals
- \* Continue to help the patient as long as they want to participate and work toward achieving wellness goals

TRICARE West Region beneficiaries interested in enrolling in the Condition Management program should call TriWest toll-free at 1-888-259-9378 to see if they are eligible to participate. No referral or prior authorization is necessary.

More information is posted on the Condition Management portal at [www.triwest.com](http://www.triwest.com) under the "Healthy Living" section.

Sources:

- [1] American Diabetes Association, [www.diabetes.org](http://www.diabetes.org)
- [2] Mental Health America, [www.nmha.org](http://www.nmha.org)



Doors • Windows • Plumbing  
Electrical • Paint • Hardware  
Tools • Roofing • Lighting  
Lumber • Masonary  
Equipment Rentals

Two Convenient  
Locations to Serve You

Twentynine Palms  
6854 Adobe Rd. • 367-7581  
Mon - Fri 6-6:00 Sat 7:30-5 Sun 8-4

Yucca Valley  
7054 Old Woman Springs Rd. • 365-2359  
Mon - Fri 6-5:30 Sat 7-5 Sun 7:30-4

Now Accepting Medi-Medi Patients  
As Well As All Medicare Part D Plans

WHY PAY MORE! WHY WAIT! DRIVE THRU CONVENIENCE!  
**Avalon  
Pharmacy**

Hassle Free Prescription  
Service & We Are Always  
Open For Business

- ★ We will fill your prescription while you wait
- ★ Fast, Courteous & Personal Service
- ★ Most Insurance Plans and Workmans Comp accepted!
- ★ Medicare and Medi-cal Patients Accepted
- ★ We can match or beat Canadian drug prices, please call for more info



We will  
match or  
beat any  
price in town!

760-365-7621  
Fax - 365-7622

58471 29 Palms Hwy #301, Yucca Valley, CA 92284

Hours:  
M-T 9 am- 5:30 pm  
F-9 am- 5:00 pm  
Closed:  
Saturday & Sunday





# Super Stars



**Vincent Aldaz**, Nutrition Management Department, receives his 30 Year Federal Length of Service Award.



**HN Mason Bennett**, Human Resources Department, receives a Navy and Marine Corps Achievement Medal.



**CS3 Leomar Claveria**, Nutrition Management Department, receives a Navy and Marine Corps Achievement Medal from his previous command.



**Lt. Cmdr. Dennis Johnson**, MC, receives a Joint Service Achievement Medal.



**HM3 Edgar Escobar-Grandos**, Emergency Medicine Department, receives a Navy and Marine Corps Achievement Medal.



**HM2 (FMF) Rustico Fabian** receives a Navy and Marine Corps Achievement Medal and a Letter of Commendation.



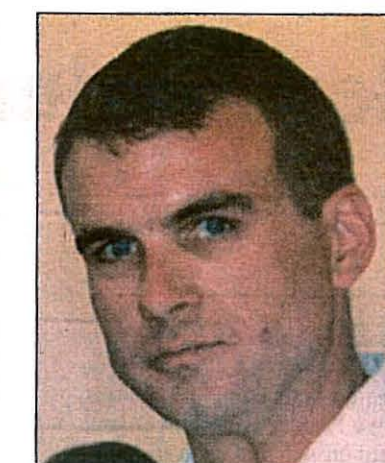
**Cmdr. Jeanmarie Jonston**, MSC, Director for Administration is awarded a 3-6-9 Certificate for having run a combined 600 miles.



**Cmdr. Richard Kinsey**, NC, Primary Care Clinic, receives a Letter of Commendation.



**Lt. Cmdr. Victor Lin**, MC, Adult Medical Care Clinic, receives a Navy and Marine Corps Commendation Medal.



**HM2 Joseph McKeel**, Bio-Med Repair Tech, receives a Letter of Commendation.



**HM3 Sarilyn Ogumoro**, Surgical Suite, receives a 3-6-9 Certificate for having run a combined total of 300 miles.

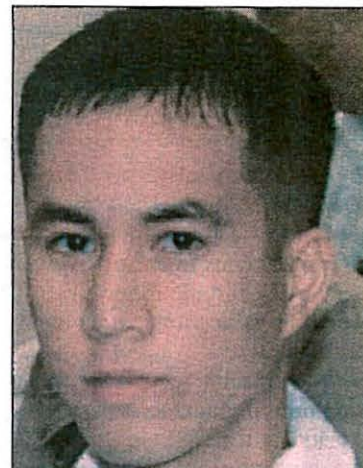


**YN2 (AW) Cristina Pace**, Human Resources Department, receives a Navy and Marine Corps Commendation Medal.

**Lt. Cmdr. Alan Lovejoy**, NC, left, PACU Recovery, receives a Navy and Marine Corps Commendation Medal.



**HN Michael Rhoda**, Family Medicine Clinic, receives a Letter of Commendation.



**HN Elvis Rubia**, Radiology Department, receives a Letter of Commendation.



**HM3 Suzanne Salter**, Patient Administration, receives a Navy and Marine Corps Achievement Medal.



**HN Christian Razon**, Staff Education and Training receives a Letter of Appreciation.

Continued on page 8



# Post-deployment Support for Military Families

*Complimentary Program Enhanced for Service Members, Families*

**By Brian P. Smith**  
*TriWest Healthcare Alliance*

TriWest Healthcare Alliance is pleased to introduce Help From Home, an integrated program of initiatives designed to proactively assist Service members and their families through deployment-related challenges and transitions. One of the many available resources is an expanded Help From Home post-deployment support video series, available to watch as streaming video on [www.triwest.com](http://www.triwest.com) and available to order as a complimentary 2-DVD set. This video program is designed to support Service members and their families through deployment and reintegration.

"Military families undergo an enormous amount of stress throughout the stages of deployment," remarked David J. McIntyre, Jr., TriWest President and CEO. "It is our intent that TriWest's library of resources helps Service members and their families cope with deployment, including when it's time for Service members to return home, as that can be an exceptionally challenging transition from combat duty." The Help From Home video series includes two programs: *Getting Home -- All the Way Home* To the GWOT combat veteran adjusting to home life following

deployment, this presentation shares information about common symptoms of combat stress and resources for care. On the Homefront Speaking to the military family remaining at home during times of deployment, this video features personal stories from military families whose loved ones have deployed. These stories, straight from the spouses, children and parents of military Service members, offer practical advice to those in similar situations. Beneficiaries, providers, military leaders and family support organizations throughout TRICARE's 21-state West Region may order a complimentary Help From Home 2-disc DVD set and view the video online at [www.triwest.com](http://www.triwest.com) by

selecting "Behavioral Health" from the left navigation menu. TriWest's Help From Home initiative includes:  
\* TriWest's Behavioral Health Portal on [www.triwest.com](http://www.triwest.com). Online tools provide links to local and national resources as well as information on PTSD, depression, stress, substance use, family issues and more  
\* Personalized depression support and education from a TriWest clinical health coach  
\* Education for providers in the West Region about combat stress identification and treatment practices  
\* Continued sponsorship of National Military Family Association (NMFA) summer camps for the children of deployed Service members  
\* A toll-free Crisis Line estab-

lished to provide assistance 24-hours a day, every day, at 1-866-284-3743  
TRICARE beneficiaries are entitled to behavioral health benefits. For an overview of these benefits, visit the "Beneficiary Services" section on [www.triwest.com](http://www.triwest.com), select "Handbooks, Brochures & Flyers," then select "TRICARE Behavioral Health Care Services" from the drop-down menu to view or download a printable brochure. TriWest is privileged to serve the military community and is committed to doing "Whatever It Takes" to assist Service members and their families. For further assistance, please contact TriWest at 1-888-TRIWEST (874-9378).

## TRICARE Provides Colonoscopy Screening Benefit

**By Brian Smith**  
*TriWest Healthcare Alliance*

Recognizing an increasing need for comprehensive preventive care for you and your family, TRICARE benefits include a specific schedule for colonoscopy screenings.

For beneficiaries with an average risk of colon cancer, coverage allows one routine screening every 10 years, beginning at age 50. Eligible patients may self-refer to a TRICARE-network provider.

For those with the listed indicators of advanced risk, the following covered screening schedules are recommended:

\* You have a hereditary risk of non-polyposis colorectal cancer syndrome. A colonoscopy is covered every two years beginning either at age 25, or when you are 5 years younger than the earliest age of a relative's diagnosis, whichever is earlier. After age 40, you are covered for screening each year.

\* You have a close familial risk of sporadic colorectal cancer. If one or more of your parents or siblings (under the age of 60) have been diagnosed with sporadic colorectal cancer or adenomas, you are covered for a colonoscopy every three to five years beginning 10 years before the age of diagnosis for your youngest diagnosed relative.

Routine colonoscopies that fall outside of the above schedule are not covered by TRICARE; however Medicare may cover a routine colonoscopy for Medicare-eligible beneficiaries.

For more information on colonoscopy screening coverage, call TriWest at 1-888-TRIWEST (1-888-874-9378) or log on to [www.triwest.com](http://www.triwest.com). Information on the Medicare program can be found at 1-800-MEDICARE (1-800-633-4227) or [www.medicare.gov](http://www.medicare.gov).

## Heat Safety and Prevention -- What do those Colored Flags Mean?

**By Lt.j.g. T.W. Nelson, Industrial Hygiene Officer and  
Lt.j.g. T. Buttke, Environmental Health Officer  
Robert E. Bush Naval Hospital**

Have you ever noticed the colored flags flying at different locations around the base and wondered what they meant?

It can get fairly hot in the desert, up to 130 degrees Fahrenheit in the summer, and these flags help Combat Center service members, civilians, and families know the risks associated with performing outdoor activities during varying levels of heat severity.

Determining the current flag condition is more than just how hot the air feels outside. Several other environmental factors contribute to the flag condition to include wind velocity, humidity, and how much radiant heat is produced. The resultant value is Wet Bulb Globe Temperature (WBGT) Index. This is a measurement used to determine the overall heat load and equate it to appropriate preventive measures and operational postures based on the type of physical activities being performed. Additionally, this value is used to determine appropriate levels of hydration for personnel performing activities outdoors.

The three thermometers used in determining the WBGT are the dry bulb, which measures the overall air temperature; the wet bulb, which measures the wind velocity and humidity; and the globe thermometer, which provides a measure of heat produced from the sun and reflective surroundings.

The WBGT Index ranges from 80 to 90, with a particular colored flag assigned to different levels of the index. Within the range of 80 and 84.9 a green flag is flown, indicating general exercise can be conducted and discretion is required for all heavy exercises unless acclimatized to desert conditions. For an index between 85 and 87.9, a yellow flag is up, indicating that strenuous exercise and activity should be reduced for new, un-acclimatized personnel. This is recommended during the first three weeks of heat exposure. When a red flag is flying, the index is between 88 and 89.9. In these conditions



# The Seminar That The Most People Requested

By Chaplain Moran  
Robert E. Bush Naval Hospital

Here it is June already, and many of us already are making plans for the summer.

As I mentioned in my last column, the training that the people requested the most from the Chaplain's Tool bag was "What Smart Couples Know." We have put in the calendar! Mark your calendars for Saturday June 30, from 1:30 to 5:30 p.m., in

Classrooms 4 & 5 here in the hospital.

When I first came in to the military I was a Chaplain at CREDO. (Chaplain's Religious Enrichment Development Operation). Are you familiar with CREDO? CREDO is known for the personal growth retreats for singles, marriage enrichment retreats for couples, spiritual growth retreats for those who don't normally attend chapel services, and family enrichment training. I was sta-

tioned at Camp Pendleton / Twentynine Palms from 2001 through 2004. My wife and I conducted many Marriage Enrichment Retreats during that three year tour. We had a great time, and we enjoyed working with couples.

Your marriage doesn't have to be in trouble for you to be interested in marriage enrichment. In fact you can have a great thing going, and still show up for marriage enrichment! If you want some ideas on how to

make your marriage better, then this is for you.

This will not be the typical ten to twelve hour retreat you would expect if you were going away for a whole weekend. Rather, it is a four hour block, just to expose you to some really great stuff, to give you a sample of something great that you can take with you, and apply immediately. Are you interested? If you have any questions please call 830-2429.



## Critter de jour!

# Ssssssssssnake Sssssssssssafety!

Martha Hunt, MA Health Promotions Coordinator  
Robert E. Bush Naval Hospital

**S**nakes can be scary! You may have come to the desert for the first time and think they are lurking in every crack and crevice waiting to attack!

Not all snakes are harmful to humans and in the end, snakes are a part of the beautiful desert we live in. here is some helpful information to help you avoid a dangerous encounter with a snake and what to do if you do encounter one.

Snakes love to hide and burrow where it is quiet and dark and cool. There are 7000 ven-

omous snake bites reported annually in the United States leading to 15 fatalities, placing the chance of survival at roughly 499 out of 500. Approximately 3000 of these bites are classed as "illegitimate," meaning these bites occurred while the victim was handling or molesting the snake. Don't tease snakes! They bite to defend themselves and the snake usually ends up paying for your teasing with its life.

Of those bites that are not provoked by people, most are below the knee and half are dry (meaning that no venom was

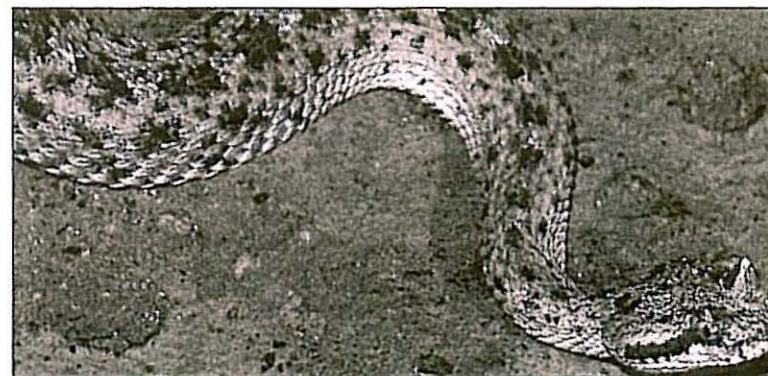
injected). Squeezing the venom glands to inject is a voluntary act on the snakes' part meaning that strikes against humans are generally defensive actions. Therefore, it is estimated that no venom is purposely injected in about half of all bites. This holds true with all pit vipers such as rattle snakes. The stabbing strike of a pit viper can be recognized by one or two definite puncture wounds on the skin, and if venom is injected there will be intense, burning pain and swelling around the holes.

Poisonous snake bites are medical emergencies! Snake bites can cause severe local tissue damage and often require follow-up care. Here are helpful tips if you are ever bitten by a snake:

- \* Try to safely and quickly identify the species of snake if practical and safe and move the victim to safety. Have one person take charge of the situation very early to improve life saving situation. If you stay calm, the person bitten will stay calmer and will have a better change of survival.

- \* Remove any jewelry or tight fitting clothing and quickly tie a light, restricting band both above and below the bite area a few inches away from the puncture/bite marks. Never tie a tight band around the bite area as this can cause the limb to be amputated later.

- \* Keep the bitten limb below heart level as this will help keep the venom from circulating too quickly. If the area of the bite



begins to swell and change color, the snake was probably poisonous.

- \* Do not suck the venom from the wound. This has been shown in the long run to be ineffective in saving lives and it also puts you at risk of blood born diseases like hepatitis or HIV.

- \* Rapidly apply antiseptic cleanser to the entire area and place a cold compress as closely as possible. Do not pack the area in ice or make the area too cold as this can lead to amputation of the bitten limb.

- \* Check constriction bands periodically as swelling may occur and loosen as needed.
- \* Monitor the victim for symptoms of shock and be prepared to administer appropriate treatment such as CPR.

- \* Do not administer alcohol or cause additional stress to the victim. Also, avoid food or liquid intake.

- \* Keep the victim warm and immobilized as practical. Movement to a proper treatment facility is more crucial than maintaining immobile status.

- \* As soon as safely possible, transport the victim to a competent medical facility. Ideally, all of the above steps can be performed at the same time as the victim is being transported. Keep the victim as comfortable

as possible and reassure them that survival is not in question.

- \* Identify the snake as best as possible as it usually takes several hours for snake venom to kill and the right antivenom can save the victim's life. Do not try to kill the snake as it may bite you, leaving two people in need of medical help instead of one!

The primary purpose of this first aid is to slow down or reduce the spread of the venom and to protect the victim from further trauma. After you have gotten medical help for the bite victim, stand by for back up assistance or side task assignments like contacting relatives, protecting scene materials, providing useful information of incident facts, describe first aid administered, etc.. Finally, be confident that you did everything possible to assure as successful an outcome as possible for the bite victim.

Remember, don't tease snakes and they will leave you alone whenever possible. Snakes are more afraid of you than you are of them and you both loose when you tangle with a snake. Keeping your yard free of debris that attracts snakes and their food sources such as rodents will also help you to avoid snakes.



**HI-DESERT  
PHYSICAL REHABILITATION  
GROUP, INC.**

- PHYSICAL THERAPY
- OCCUPATIONAL THERAPY
- SPEECH AND LANGUAGE PATHOLOGY

Two Convenient  
Locations To  
Serve You:

**YUCCA VALLEY**

56299 29 Palms Hwy  
Yucca Valley, CA  
369-1743

**29 PALMS**

5930 Adobe Rd.  
Twentynine Palms, CA  
367-1743

Hours:  
Mon-Thur. 7:30AM-5PM  
Fri. 7:30AM-2PM  
www.hdprg.com

Did you know that you have the right to choose your therapist? You can have the best therapy right here in town!





## MEN WITH DEPRESSION...

Continued from page 2

tion as it occurs in men.

Depression does not always show up as an inability to take action. Instead of acknowledging their feelings, asking for help, or seeking appropriate treatment, men may turn to alcohol or drugs; become frustrated or discouraged; get angry, irritable, violent or abusive.

Some may throw themselves compulsively into their work, attempting to hide their depression from themselves, family and friends, or even engage in reckless or risky behavior.

Sometimes depression can cause people to feel like putting themselves in harm's way, or killing themselves. Although the majority of people with depression do not die by suicide, having depression does increase suicide risk.

If you are thinking about suicide, get help immediately

- \* Call your doctor's office
- \* Call 911 for emergency services

- \* Go to the emergency room of the nearest hospital

- \* Ask a family member or friend to take you to the hospital or call your doctor

- \* Call the toll free, 24-hour hotline of the National Suicide Prevention Lifeline (800) 273-TALK (1 800 273 8255) to be connected to a counselor near you

- \* Call the TriWest Crisis Line at 1-866-284-3743

Men are more likely than women to report alcohol and drug abuse or dependence in their lifetime; however, there is debate among researchers as to whether substance use is a 'symptom' of underlying depression in men, or a co-occurring condition that more commonly develops in men. Nevertheless, substance use can mask depression, making it harder to recognize it as a separate illness that needs treatment.

The first step in receiving the appropriate treatment for depression is obtaining a physical examination by a doctor. It is essential to be honest with your physician about the use of alcohol and prescription or recreational drugs. Certain medications, as well as some medical conditions can cause the same symptoms as depression.

Your doctor will rule out these possibilities through examinations, interviews and lab tests. If no such cause is found, you should obtain a depression evaluation either through your physician or a mental health professional referred by your doctor or TriWest.

### Behavioral Health Resources

In addition to your doctor's services, TriWest offers a variety of behavioral health resources designed to assist and expedite support to you and your family. These resources are a part of TriWest's Help From Home initiative and include:

- \* An online Behavioral Health Portal featuring links to local and national resources as well as

information on depression, stress, substance abuse, child and adolescent issues, and more (see [www.triwest.com](http://www.triwest.com) and select "Behavioral Health")

- \* Help From Home deployment support video series, available for West Region beneficiaries to watch online through TriWest's Behavioral Health Portal or to order as a 2-DVD set (free of charge)

- \* Personalized depression support and education from a clinical health coach through TriWest's Condition Management program

- \* Education for West Region providers about combat stress identification and treatment practices

- \* A variety of resources for teens and children of deployed Service members

TRICARE beneficiaries are eligible for behavioral health benefits. To download a brochure on these benefits, visit [www.triwest.com](http://www.triwest.com), select "Beneficiary Services" from the left navigation menu, click on "Handbooks, Brochures & Flyers" and select "TRICARE Behavioral Health Care Services" from the drop-down menu. If you would like a brochure mailed to you, please call 1-888-TRIWEST (874-9378).

With early intervention, depression is very treatable. Individuals dealing with depression may find it helpful to talk to a trusted friend, family member or physician, or call TriWest for referral to a network mental health professional.

## HEAT INDEX...

Continued from page 5

strenuous exercise must be halted or reduced for personnel who haven't had up to 12 weeks to acclimatize.

Once the WBGT Index reaches 90, a Black flag is flown, in which case it is prescribed that physical training and strenuous exercise be suspended for all personnel (excluding operational commitment not for training purposes). When there's a black flag up, the weather conditions are too dangerous for exercise or movement outside. For personnel wearing body armor or Nuclear, Biological and Chemical protective clothing, add approximately 10 degrees to the measured WBGT Index. For all personnel, military or civilian, proper hydration is strongly recommended and prescribed in advance of any strenuous outdoor activity. Additionally, throughout the activity it is recommended that individuals be allotted periodic breaks to maintain hydration.

It's not just sunburns that people should worry about when playing or exercising outside. Other heat related injuries such as skin trauma, heat rash, dehydration, and fatigue can be avoided through proper precautionary measures and awareness as to the conditions during outdoor operations. To avoid heat cramps, which are a result of excessive water and salt loss from the body due to extreme sweating, constant hydration is a must. In all cases, do not depend on your feeling of thirst to begin drinking. Thirst is a late response to fluid depletion.

If left untreated, heat cramps can turn into heat exhaustion, a more severe form of heat cramps. Heat exhaustion includes weakness, exhaustion, headaches, dizziness, and profuse sweating. The final form of heat exhaustion is a heat stroke, which can result in death, due to the bodies overheating without respite from the harsh environment.

Knowing the risks associated with current outdoor conditions and then taking the proper precautionary measures can make all the difference in safeguarding your own personnel health and that of your shipmates, families, and friends. For more information on what the current WBGT Index temperature is, call (760) 830-1780 or point your web browser to: <http://164.167.141.93/29palms/>.

### Life's Lesson...

You know you're getting old when you sing along with the elevator music.




### PRIVATE CANYON CITY VIEW 53727 Ridge Road, Y.V. \$425,000



3 beds, 2.5 bath, 2100 sq. ft., End of Cul-De-Sac. Custom home top of Country Club. Very private

**Call**  
**ROADRUNNER REALTY, Inc. Pat Cook**  
[www.patriciacook.com](http://www.patriciacook.com) (760) 464-3491  
7293 Dumosa Ave, Suite 2 • Yucca Valley

## We Fund Dreams One Student at a Time

  
**Copper Mountain College  
FOUNDATION**  
*Formerly Friends of Copper Mountain College*

P.O. Box 1398, Joshua Tree, CA 92252  
(760) 366-3791 Ext. 4200  
[foundation@CMCCD.EDU](mailto:foundation@CMCCD.EDU) [www.thecmcf.org](http://www.thecmcf.org)





# Super Stars

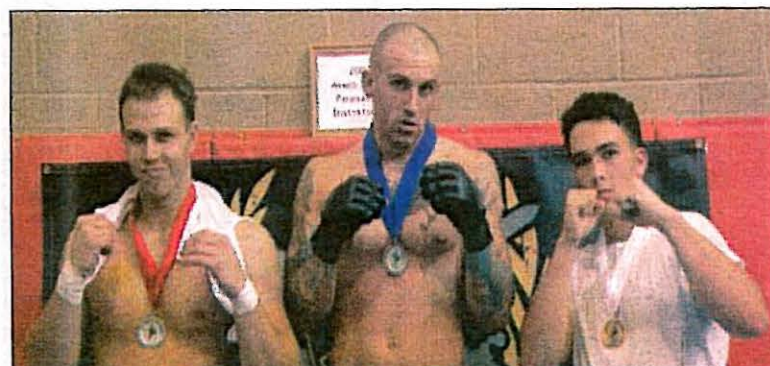
Continued from page 4




Lt. Darcy Wright, Multi-Service Ward, was selected for the Junior Nursing Excellence award for 2007. Presenting the award is the Director of Nursing Services Captain Denise Johnson, NC.



Lt. Cmdr. Ramona Nixon, Department Head, Multi-Service Ward, was selected for the Senior Nursing Excellence Award for 2007. Presenting the award is Captain Johnson.



HM2 Christopher Demetrulias, center, Command Career Counselors Office, took top honors in the Novice Division Middleweight bout at the recent 2007 Armed Forces Pankration Invitational Marine Corps Base, Camp Pendleton boxing tournament.

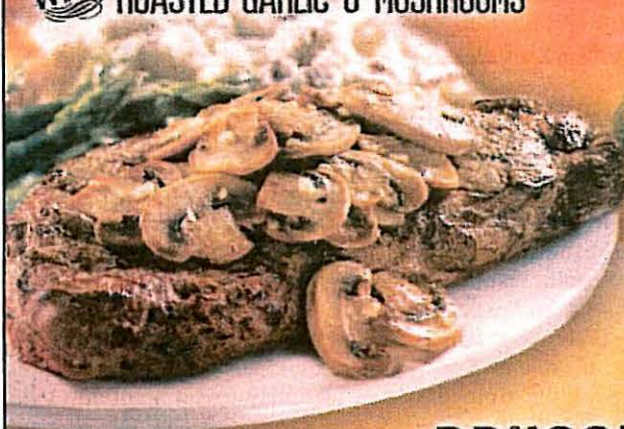


## STEAK & ANGUS

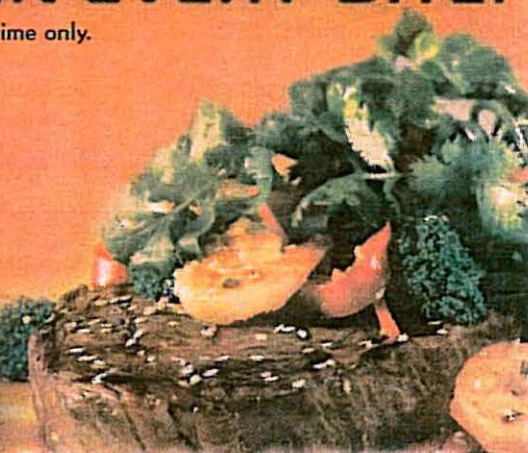
MORE TO LOVE IN EVERY BITE.


For a limited time only.

**NEW YORK STRIP**  
WITH ROASTED GARLIC & MUSHROOMS

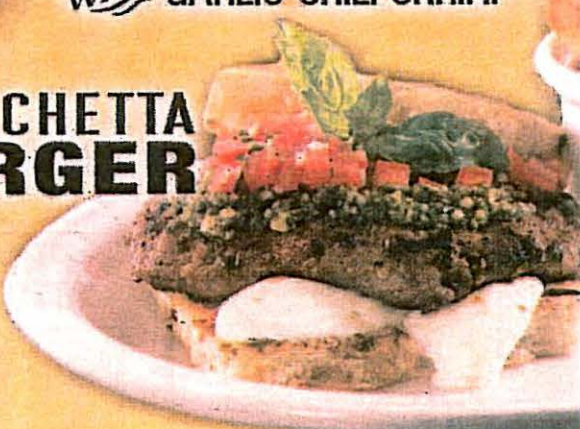


**SEARED RIBEYE**  
WITH GARLIC CHILI SHRIMP





**BRUSCHETTA BURGER**



Try our Carside To Go! You call it in. We bring it out.™

**Yucca Valley: 57796 29 Palms Highway**

**760-365-2900**